

SALT of Palmar launches a series of exclusive wellness retreats



Mauritius, 26 January 2026 – Immersive wellness programmes that unite movement, mindful nutrition, holistic care and cultural discovery - curated as one transformative journey. **SALT of Palmar**, the iconic adults-only boutique hotel on Mauritius' serene east coast unveils **four new and exclusive wellness programmes**, thoughtfully designed for modern travellers seeking authentic, restorative experiences that connect body, mind and nature.

Available year-round, the curated retreats include the **Mind-Body-Spirit Babymoon** (a gentle sanctuary for expectant mothers), **The Best of SALT** (a celebration of movement, mindfulness, and Mauritian culture), **The Wellness Warrior** (a four-day transformational fitness journey), and the **2-Day Reset Retreat** (a quick yet powerful recharge for busy professionals).

"These retreats offer guests the chance to truly reset—physically, mentally and emotionally," says Mr Raj Reedoy, General Manager of SALT of Palmar. "By integrating fitness, mindfulness and sustainable practices, we help our guests build lasting healthy habits while reconnecting deeply with themselves and their surroundings."

Set against Indian Ocean vistas, each experience embodies SALT of Palmar's eco-conscious ethos, where **farm-to-table, plant-based cuisine, nature-inspired therapies** such as **forest bathing**, and the island's **first and only Himalayan SALT Room** combine to promote balance, vitality and self-discovery. SALT also celebrates its **Vegan Welcome certification**, with over **35% of menu offerings vegan and vegetarian**, showcasing local produce, island flavours and conscious dining.

These principles come to life in each of the four exclusive wellness programmes, providing guests a chance to reset, reconnect and rediscover themselves, one mindful immersive experience at a time.

Mind-Body-Spirit Babymoon – Embracing Serenity Before the Journey Begins

A tender retreat for expectant mothers, the **Mind-Body-Spirit Babymoon** is designed as a gentle pause to nurture body, mind and soul before welcoming new life. Highlights include **restorative beachside yoga**, a **soul-soothing welcome ritual with black charcoal salt**, and a **prenatal massage infused with safflower and rice bran oils** to ease tension and promote calm. Guests can also enjoy **guided breathwork sessions in the Himalayan SALT Room, tranquil herb garden meditations, and mocktails by the pool or beneath a canopy of stars**. With **nourishing, locally sourced meals** crafted for pregnancy wellness, this retreat offers a meaningful and mindful transition into motherhood.



The Best of SALT – Move Mindfully, Live Fully

A celebration of rhythm, ritual and raw island energy, **The Best of SALT** is a three-day journey where movement meets mindfulness and Mauritian culture. Guests can discover the joy of **floating fitness**, the grounding calm of **forest bathing**, and the exhilaration of **Muay Thai sessions** with SALT's resident wellness coach. Each day blends motion with restoration: **cycling safaris through lush island landscapes**, **sunrise yoga sessions**, and **hands-on fermentation workshops** that inspire healthy, conscious living. With **hyper-local, plant-based cuisine** and **immersive cultural experiences** woven throughout, this retreat reconnects guests with what truly matters: the body, the land and the present moment.

The Wellness Warrior – Transform, Recharge and Reconnect

The **Wellness Warrior** is an empowering four-day experience that goes beyond relaxation - transforming the way guests think, move and feel. It includes **personalised fitness consultations**, **natural movement training** and **healing forest therapies**, complemented by nourishing meals at **The Good Kitchen** and **fine dining at Tek Tek**. Guests awaken with **sunrise yoga by the sea**, explore **raw vegan workshops**, and unwind with **rejuvenating spa treatments**. This multi-sensory journey balances vitality and indulgence, helping guests reconnect with their strength, purpose and inner calm.

2-Day Reset Retreat – 48 Hours to Realign and Recharge

Designed for those short on time but in need of deep renewal, the **2-Day Reset Retreat** offers a powerful 48-hour wellness immersion. Guests rejuvenate with **energising beach workouts**, **Aqua Fit by the sea**, and **conscious breathing sessions in the Himalayan SALT Room**, complemented by **antioxidant-rich cooking workshops** and **live kombucha demonstrations**. Paired with **nourishing plant-based cuisine**, **relaxing spa treatments**, and **self-guided gratitude practices**, this retreat proves that transformation does not require a long escape, just intention, movement and a touch of island magic.

To discover more and book SALT of Palmar's wellness programmes, please visit [SALT](#).

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About The Lux Collective

[The Lux Collective](#) ("TLC") is a Mauritian-born global luxury hotel operator and manages brands [LUX*](#), [SALT](#), [TAMASSA](#), [SOCIO](#) and Café LUX*. At the heart of its purpose, TLC makes each moment matter and cares about what matters. Putting people first is the core of TLC's culture as well as staying true to the values of being passionate, responsible and innovative in all that it does. By providing comfort through thoughtful and exquisite designs, TLC creates experiences that make each moment matter for all guests. It is committed to operating in a considered and respectful manner that is mindful of future generations.

Through its signature Groupwide sustainability project Tread Lightly, The Lux Collective promises an eco-conscious stay throughout its hotels. Its partnership with Altruistiq, a group of CO2 experts, focuses on the environmental footprint and ensures that emission sources are tracked using the highest international Science-Based standard.

Growing the global presence, TLC currently manages 18 operating resorts and hotels in Mauritius, Maldives, Ile de la Reunion, China and Tanzania, and with 16 more hotels in its development pipeline in Africa, Asia and the Middle East.

An affiliate member of IBL, a major economic player in the Indian Ocean and a public-listed leader of the "Top 100" Mauritian companies, IBL is active in key sectors of the Mauritian economy, with a global portfolio of approximately 300 subsidiaries and associated companies.

About LUX*

At [LUX*](#), time is luxury. LUX* helps people to celebrate life by delivering consistently on the promise of a different kind of luxury. In a world where a deeper sense of connection can be hard to reach, even on vacation, it enables guests to break from the ordinary. Staging exceptional experiences in different locales – whether on the Beach, in the City or in Nature, it transforms the everyday into the extraordinary through elevated service, contemporary spaces and crafted escapes to truly disconnect and relax - **with Life Extraordinary**.

About SALT

[SALT](#) is a humanistic approach to hospitality launched in November 2018, connecting modern explorers with meaningful travel experiences. It introduces a new breed of hospitality for the culturally curious. Devoted to the wonder of all things local and sustainable, SALT takes guests to people - not just places. Unveiling the heartbeat of destinations and their communities, it gets them out there exploring – the SALT way.

Media Relations

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